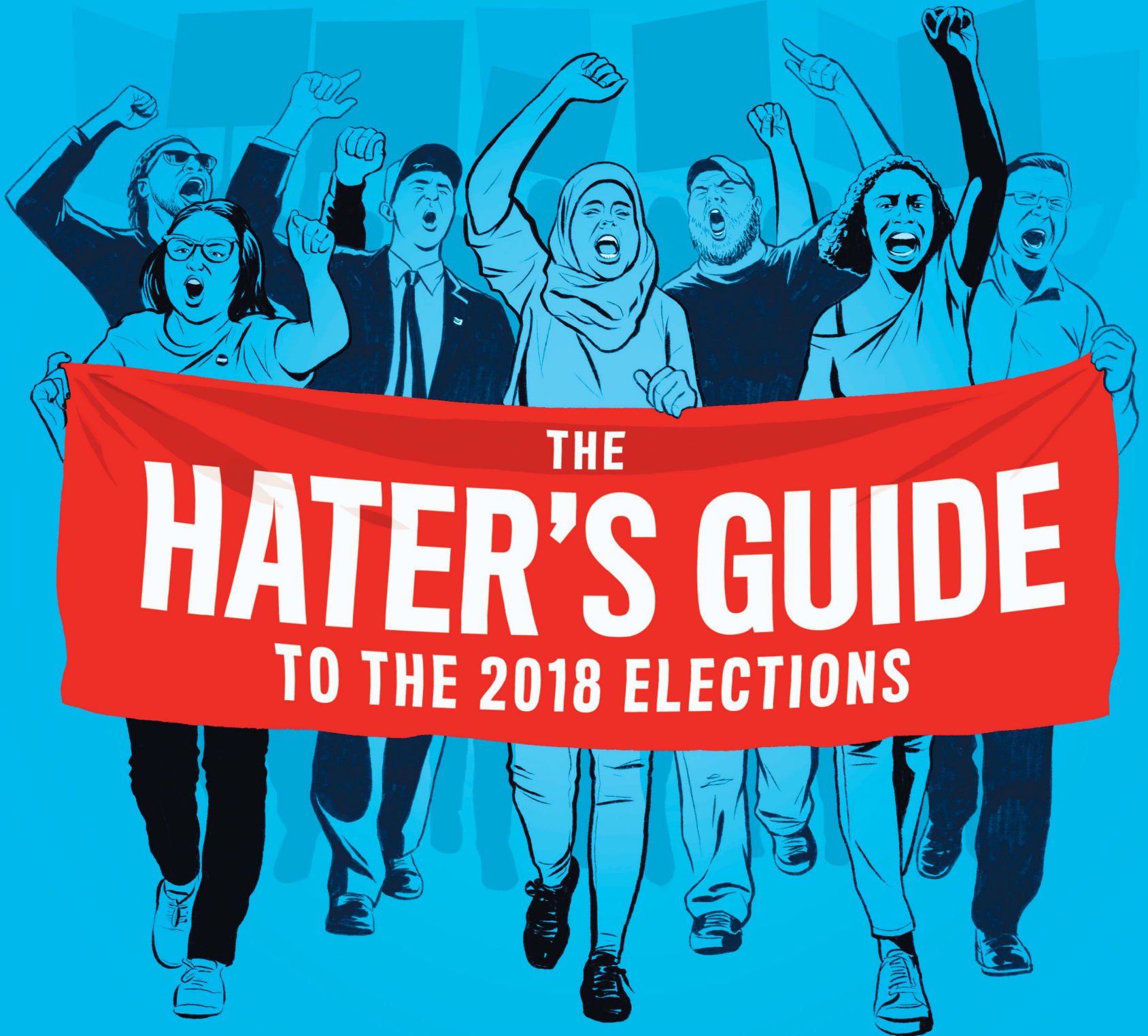


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THE SHORTLIST



Meet Doug Wardlow,
your throwback
homophobic candidate
for attorney general
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THE STAT SHEET

10.4%

Minnesota's youth obesity rate, the
fourth-lowest in the nation

3

Percentage of the state's economic
output attributable to mining

1

Minnesota's ACT test ranking among 19
states where at least 90 percent of high
school graduates take the exam

74

Percentage of U.S. extremist murders
committed by right-wingers
since 2008

**“Don’t you know which fake
media to trust and which fake
media not to trust?”**

Reader Brian Nelson responds to “MAGA
bomb suspect Cesar Sayoc has inept criminal
history in Minnesota,” at citypages.com.

NRA DIMINISHED

DURING THE 2016 ELECTIONS, the NRA
spent \$54 million on pro-gun candidates,
including \$31 million on Donald Trump. Two
years later, you might call it political royalty
of diminished circumstances.

The NRA is losing members—and spon-
sors—in part due to its tone-deaf response
to the Parkland High School massacre. It's
saddled with millions in debt, unable to
unleash its customary blizzard of attack
ads against anyone who dares call for a
modicum of gun safety.

The group's campaign spending has
plunged by more than 80 percent this year,
appearing there may be a downside to all
those dead children it's left in its wake.

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Why visiting the **ABANDONED
ANOKA STATE HOSPITAL**,
Minnesota's most haunted
spot, is a bad idea

FREE THE BOOZE

A chance for Minneapolis to overthrow its Prohibition-era restaurant laws

A Sunday morning bloody Mary. A happy hour nip of Scotch. A late-night daiquiri after a hard week.

None of these boozy delights is available at various neighborhood haunts across Minneapolis, thanks to an antiquated city rule that only grants liquor licenses to establishments within a certain geographical range.

According to a sweet old-fashioned notion known as the “seven-acre rule,” restaurants outside of downtown must lie within a stretch of seven contiguous commercial districts in order to serve hard alcohol.

But, wait, what about your favorite restaurant tucked away in a neighborhood? The one serving you booze for years? That’s because you’re special. And also because its owners went through the onerous and lengthy process of getting an exemption from the state legislature.

This is how we wound up with a cocktail menu at Nighthawks in south Minneapolis, but only sake and beer at Kyatchi across the street; with some of the town’s best drinks at Martina in Linden Hills, but only wine and beer at the beloved Tilia nearby. Remember when Tinto was slinging tacos and margs on Lake Street? When they relocated to 54th and Penn in south Minneapolis, they had to seek a legislative exemption to continue serving tequila.

If this rigmarole seems unnecessary, you’ve got a chance to nix the “seven-acre rule.” On November 6, the ballot that includes the highest offices in the state will also ask you the following question:

Shall the Minneapolis City Charter be amended to remove from the City Charter the area and spacing requirements pertaining to liquor licenses?

If you want all restaurants in Minneapolis, regardless of location, to have the ability to



If you want all restaurants in Minneapolis, regardless of location, to have the ability to serve cocktails, vote yes.

GETTY IMAGES

serve cocktails, vote yes. If you like things the way they are, vote no.

Matt Perry, president of the Southwest Business Association, leads the “Yes on 1” campaign. He believes most people don’t have a problem with granting liquor licenses to neighborhood restaurants. These businesses would still have to go through the standard application process, and would still be required to have a full-menu kitchen

and make a “substantial amount of income from food sales.”

His biggest concern is ensuring voters know to expect the question on their ballots and understand what a “yes” or “no” vote means.

Consider yourself informed: “Yes” means more cocktails; “no” means more Prohibition-era red tape for local restaurants. See you at the ballot box. —HANNAH SAYLE



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'WE WERE THE THIRD RAIL'

Gun control moms go from pariah to power

In the darkened dining room of W.A. Frost, with a murky St. Paul sky drizzling outside, cameras clicked and whirled. They were trained to catch a bunch of moms in red T-shirts.

Moms Demand Action was once the "third rail" of politics, says Annette Luther. The red-shirted group has been demanding stronger gun control laws since the Sandy Hook Elementary massacre in 2012. After that, Luther never dropped her kids off at school without wondering if this would be the last time she'd see them.

"I don't think I've had a full night of sleep since then," she says.

Many more shootings at schools, churches, and workplaces have happened since then. What's different is the way the moms are treated. These days, they're feted by the likes of St. Paul Mayor Melvin Carter, Minneapolis Mayor Jacob Frey, and former New York mayor Michael Bloomberg.

"Now politicians want to have their pictures taken with us," says Kathy Vander-

wall. They've gone from being the third rail to a lightning rod. In a strange reversal of fates, they've even seen Republicans snub money from the National Rifle Association for fear of being associated with gun violence.

The event today is supposed to be part thank-you and part rallying cry for the Moms, Students Demand Action, and survivors of gun violence. There's a "cautious" optimism in the air, Vanderwall says. "But we've all had our hopes dashed before."

Their journey from political poison to influence hasn't all been a victory march. Last year, the Moms rallied at the Capitol during the entire legislative session, demanding Minnesota lawmakers do something—anything—to regulate firearms. They took off work. They brought their kids.

"We even brought cookies," state chapter leader Erin Zamoff says. "And they did nothing."



"Now politicians want to have their pictures taken with us."

HANNAH JONES

But they're watching their representatives carefully, Zamoff says. If they don't take some steps to make it harder for just anybody to get their hands on a gun, then "we will replace them with leaders who will."

It's sad, hard work, volunteer Lori Mertes says, constantly knocking on doors, endlessly being ignored until, one day, they won't be. It's work for which the only

reward has been incremental progress toward hypothetical change.

But this is what mothers do. They toil, often thanklessly, for the ensured safety of their children.

That, Mertes says, is the bare minimum of what they expect from their elected officials. And if they couldn't manage that, "What kind of a country are we?"

—HANNAH JONES



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THE HATER'S GUIDE

to the 2018 Election

A Brutally Honest Guide To The Decisions You Have To Make

By Susan Du, Hannah Jones, and Mike Mullen

These have been the longest two years in American history. Sure felt like it, anyway.

In the past this nation's been at war a lot—one time, the enemy was us—and gone through depressions and oppressions, and had presidents shot and killed. (Some good ones, too.) But the pace of information used to be slower. Now news moves at light speed. Each hour brings another blow to the psyche and/or the idea that the United States is a republic, with a constitution, and not some rich pig's toy to fuck around with.

His enablers walk among us. Some are getting a little nervous about keeping their jobs. Good. They should pay for what they've done. And we should see some new faces, ones more representative of the people who actually do make this country great.

It all seems so overwhelming. People feel helpless. In the face of such villainy, what can one person possibly do? We'll tell you. You can vote. Matter of fact, this year, you pretty much have to.

Voting can feel like choosing the lesser of two evils. (They're all politicians, after all.) City Pages took its best shot at helping

you make up your mind.

GOVERNOR:
Tim Walz (DFL) v.
Jeff Johnson (GOP)

We could've had a balls-to-the-wall race between urban progressive Erin Murphy and hardcore conservative Tim Pawlenty. Both parties' voters flinched and went with the safe choices.

Tim Walz and Jeff Johnson are mild-mannered dudes who tend not to wear fanatical hats.

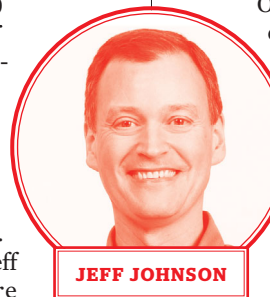
Walz has represented southern Minnesota in Congress for six terms. A farm-town teacher and retired Army National Guard Major General, his core comforts are ag policy and veterans affairs, though he's got a streak of support for LGBTQ and abortion rights.

Walz shot guns all his life and respects the right to own. For a while, the NRA showered him with A ratings and cash. Shortly after the Parkland

school shooting, Walz decided to give away all the NRA money. He called out that outfit for obstructing moderate solutions to gun violence, like universal background checks. Oh, and: He'd legalize pot if elected. So there's that.

This is Jeff Johnson's second tilt for governor after losing to Mark Dayton in 2014. A former lawyer for Cargill, Johnson shielded that food-and-energy monolith from its employees' grievances. More recently a Hennepin County commissioner, Johnson is that board's lone holdout against taxes and spending, especially on rail transit.

As governor he'd restrict abortion to about the six-week mark—before most women would even know they're carrying—claiming to value the sanctity of human life. Not all of it, though: Johnson thinks health care's a commodity rather than a right, and considers any gun control a form of blasphemy.



JEFF JOHNSON



DOUG WARDLOW

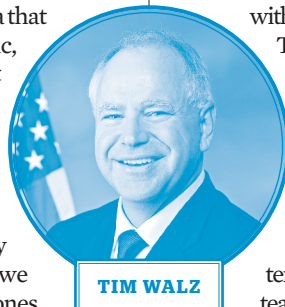
Johnson has picked up the torch on xenophobic rage in a sort of ho-hum, stats-manipulating style. In an Alpha News op-ed, he makes a money case against refugees, citing a study showing an average refugee "costs" taxpayers \$107,000. He left out the part about that refugee contributing nearly \$122,000 in taxes in the same period.

Another time, Johnson said "83 percent" of his constituents opposed Hennepin County adopting sanctuary policies. That "survey" was based on 165 people—who were all subscribers to his listserv emails. It's not as tacky as a MAGA hat, but suggests you shouldn't trust Johnson more than you would your sister-in-law's brother's Facebook shares.

ATTORNEY GENERAL:
Keith Ellison (DFL) vs.
Doug Wardlow (GOP)

What a fucking mess.

There were hours on the clock before the state primary when DFL U.S. Rep. Keith Ellison's ex-girlfriend Karen Monahan's family came forth with allegations he'd serially emotionally abused her, and once dragged her off a bed while calling her a "fucking bitch."



TIM WALZ



KEITH ELLISON

Monahan has since produced medical records saying she suffered PTSD directly related to the relationship. Ellison denied the bed-dragging incident—Monahan claims it was videotaped, but has declined to make the clip public—but carefully side-stepped claims of emotional abuse. “I still care for [Karen’s] well-being.”

Later he admitted to calling her a “bitch,” but just one time, and suggested Monahan’s allegations stem from her jealousy he’s dating someone else. (We’ll pause while you rinse and spit to get that bad taste out of your mouth.)

Don’t want to vote for a man like that? Sorry. You have to.

Doug Wardlow’s on-the-record history in legal filings and statements is awful enough: He’s disgusted by gay people—don’t even get him started on transgender people—and worked cases for an outfit obsessed with the “homosexual agenda.” (Doug claimed he was fighting for “free speech.”)

It gets worse. A secret blog Wardlow penned while clerking for the Minnesota Supreme Court exposed his view of women as, essentially, sperm receptacles endowed by their creator to carry a man’s child. Another writing indicated he’d like to see church and state not only together, but full-on making out.

Writing while clerking is an ethical no-no. So would be firing every single Democratic attorney in the AG’s office, which Wardlow has pledged to do. Such a purge would allow Wardlow, who recently jumped ahead of Ellison in statewide polls, to pursue a Middle Ages-era agenda against women, queer people, the accused, and voters. Wardlow’s favored parties are few: Donald Trump, corporations, conservative Christians, and Doug Wardlow.

His personal reputation is somehow even worse. In high school, Wardlow picked on gay classmates, driving one to the point of trying to kill himself. That man’s name is Ryan Durant. He’s speaking out now, telling his story, and we can’t think of a more fitting agent to drive the stake through the heart of Wardlow’s horrific career.

The storylines at play span the spectrum of Edgar Allen Poe’s oeuvre. On one side, Ellison’s, a mystery. On the other, Wardlow’s, a pitch-black horror story.

Don’t want a man like Keith Ellison to be your attorney general? Elect him, and petition him to resign. The only other ending to this story is too dark for Minnesota to imagine.

U.S. SENATE:

**Tina Smith (DFL) vs.
Karin Housley (GOP)**

Isn’t it just like us to try making a race between two women about a bunch of men?

DFL U.S. Sen. Tina Smith is running to hold her seat from her opponent, GOP State Sen. Karin Housley (R-St. Marys Point).

Housley’s claim to fame is husband Phil, National Hockey League hall-of-famer and hometown hero extraordinaire, seen most lately skating to Karin’s side in campaign ads.

Smith’s line to this point runs through two other famous men, and over a third. She was chief of staff for Minneapolis Mayor R.T. Rybak, then took the same gig for Gov. Mark Dayton. Then last year DFL U.S. Sen. Al Franken got #metoo’d, and voila: By dint of Dayton’s pen, Ms. Smith went to Washington.

Both Rybak and Dayton leaned on Smith’s acumen, and put big projects on her desk. Rybak turned to her to take the lead on responding to the 35W bridge collapse. Under Dayton, Smith stood in for the governor when health issues acted up. When Dayton fainted during a State of the State Speech, Smith swept in and literally caught him from falling.

To this man-heavy mix, Housley tossed in two more, appearing on Fox News to accuse Smith of siding with DFL U.S. Rep. Keith Ellison and using the #metoo movement to seize power from Supreme Court hopeful Brett Kavanaugh. Then she plugged her own campaign.

Forget the guys. In a political period defined by gridlock, Smith has a rare collaborative spirit. She’s sat at the table of power. She’s made deals.

Housley, meanwhile, has made jokes. She lampooned John McCain for, of all things, his war injuries. She compared Michelle Obama’s posture to the chimp from *Bedtime for Bonzo*. She appeared to mock Native American dancing for the benefit of a bunch of white folks at the Karl Oskar Days parade in Lindstrom.

There’s nothing especially funny about control of the U.S. Senate. One of these women knows that.



AMY KLOBUCHAR



JIM NEWBERGER

U.S. SENATE:

**Amy Klobuchar (DFL)
v. Jim Newberger (GOP)**

DFL U.S. Sen. Amy Klobuchar is a stone-cold career prosecutor, skills she accessed with her polite but withering cross-examination of Brett Kavanaugh, pushing our newest Supreme Court justice to expose his innermost petulant boy.

Klobuchar guards her image closely, eschewing local media for the national spotlight. Her platitude-laden press releases are great at highlighting low-risk, inoffensive crusades. Klobuchar issues proclamations and avoids heat; hey, she’s asking the questions here, pal.

Here’s some heat: rumors of her being a hardass as a boss. A report published this year by LegiStorm shows Klobuchar has the highest staff turnover in the Senate. Nevertheless, you don’t get to her position by being Minnesota nice.

So who’s Jim Newberger? Good question. He’s the GOP state rep from Becker best known for being a self-serious goofball in general, and a climate science denier in specific.

He voted against a legislative resolution to recognize the reality of man-made global warming, then complained about being “persecuted.” He’s recently conceded that climate change is happening, though the true culprit is not human activity but... the sun. The yellow thing in the sky.

Just last session, Newberger authored a bill to prohibit changing the names of state bodies of water, an obvious reaction to Minneapolis reverting “Lake Calhoun” to its Dakota birthname, “Bde Maka Ska.” Newberger’s no-hope bill was meant to stick it to those PC snowflakes from the Twin Cities, the economic engine of the very state he now seeks to represent. Thanks for playing, Jim.

HENNEPIN COUNTY ATTORNEY:

**Mike Freeman (DFL) vs.
Mark Haase (DFL)**

Mike Freeman is open to questions. And not just from press, whose calls (and cameras) he’s never shied away from.

The longtime county prosecutor has met



MIKE FREEMAN



MARK HAASE

or offered to meet with activists who didn’t just question his judgment, they despised it. He’s taken heat on controversial cases like not charging cops who killed Jamar Clark and Thurman Blevins, and the charging of CeCe McDonald, a 22-year-old transgender woman who killed a man in what sure looked like a racially charged self-defense death.

When union activists buttonholed Freeman (who didn’t know he was being recorded) on why he hadn’t charged Mohamed Noor, the cop who shot Justine Damond, the attorney bluntly said Noor’s partner “gave us shit” to work with. Freeman savvily impaneled a grand jury to force out the answers.

Freeman’s put away a lot of bad people: scores of murderers and rapists are either off the streets, or back on them under strict supervision. But that’s what we ask his office to do.

Did anyone ask for felony charges on 47 low-level pot busts (picture: dime bags) that occurred on a single block of Hennepin Avenue in the first five months of this year? They got them anyway, until public defenders noticed that, of those on the docket, 46 were black. Freeman waived charges, saying his office “did not detect a pattern.” Shouldn’t it have?

When controversies arise, Freeman often vows change. Expresses remorse. Says he wishes things were different.

What if things were different? Attorney Mark Haase has spent years outside the system, working with criminal offenders to restore their voting rights, seal their juvenile records, help them get back on their feet—and prevent them from becoming re-offenders.

Among prosecutors, Haase’s view of criminals is an interesting one: He thinks there are fewer of them out there than we’re led to believe. (“We have a mass criminalization problem,” he says.) He wants marijuana legal, and though he can’t do that on his own, he could drop those cases from his list. He would also cut the cash bail racket, which systematically makes poor people poorer.

Haase wants justice, sure. He just realizes that doesn’t always end up with someone in a cell.

HENNEPIN COUNTY SHERIFF:

**Rich Stanek vs.
Dave Hutch**

Look above, and there’s no party affiliation next to those names, as the sheriff position is technically “nonpartisan.” Bullshit it is.

Go back and watch Rich Stanek's speech at the 2016 Republican Party of Minnesota Convention.

Watch the way he relishes saying he'd gone to Barack Obama's White House to tell the president "to keep his hands off our guns," and how he'd told "a guy called James Comey" to "get serious about those charges against Hillary for her email server." If Rich Stanek were any further right-wing he'd self-actualize as a Fox News chyron.

That same year, 2016, Stanek sent his deputies across state lines to serve on the front lines against Native Americans protesting an oil pipeline on the graves of their ancestors. Once there, the deputies clipped in their riot gear and went to battle, macing protesters and jamming them with batons.

Is that how Hennepin County wants to be known? As a place that sends Ilhan Omar to Congress and, on the very same day, gives Rich Stanek the keys to the jailhouse?

If only he had a stronger opponent. Dave Hutch seems like a nice fellow, but he has low name recognition—turns out 12 years as a Met Transit cop doesn't make you famous—and his campaign got off to a slow start. Some in the boots-on-the-ground activist game wondered if Hutch had the requisite hunger to topple a longtime incumbent.

Hutch has gotten some help since then, as activists and local celebs like author Nora Purmort boosted his name, and tried reminding voters that yes, there's another choice for sheriff this year. Last week Hutch's campaign got another lift-up in the form of an endorsement from the aforementioned "Hillary"—whose emails, while we're on the subject, didn't reveal anything half as upsetting as the things Rich Stanek's been doing and saying in public, on your dime, for the past dozen years.

Hutch is fighting an uphill battle, but he deserves your thanks—and your vote—for picking a fight with the biggest bully in this here county.

RAMSEY COUNTY SHERIFF:

**Bob Fletcher v.
Jack Serier**
.....

Bob Fletcher served as Ramsey County sheriff for 16 years until 2010. In his time

in office, he faced harsh criticism for his gung-ho approach to gang-busting. His investigators were accused of losing track of cash, cars, and other valuables confiscated from the field. He made enemies of liberals during the 2008 Republican National Convention, when his agents raided protesters' headquarters and arrested journalists.

At least Fletcher always faced his critics.

Upon assuming the vacancy left by his ex-boss Matt Bostrom, Jack Serier told county commissioners he'd run the agency on a foundation of "good character." Ramsey County's still waiting for that.

Serier spared no opportunity to punish correctional officers and deputies hired during Fletcher's term, meanwhile dismissing wrongdoing by his supporters. He forced depleted staff to work overtime in a jail with broken cameras and metal detectors.

Inmates in lockdown for days on end flooded their cells in protest. Correctional officers wrote to the county board begging for oversight.

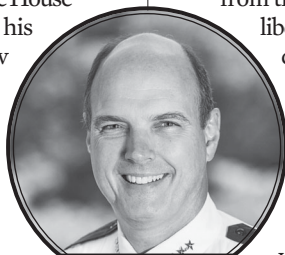
Fletcher only filed his challenge at the last minute because correctional officers were at their wit's end. Many of his former detractors have come around to support him; if nothing else, he does acknowledge his mistakes. And he's competent at running a jail where pre-trial, innocent-until-proven-guilty inmates are detained at the mercy of the county.

HENNEPIN COUNTY DISTRICT 4:

**Peter McLaughlin (DFL)
vs. Angela Conley (DFL)**
.....

No one hates Peter McLaughlin. Well, maybe a few conservatives who can't sleep, what with all the horrifying visions of urbanites getting to work on a light rail train. Those jerks live far outside Hennepin County, where McLaughlin has steered major transit and infrastructure projects since joining the board in 1991.

McLaughlin's built up a legacy of glistening projects, devoting funds to the METRO Blue Line train, Target Field, and U.S. Bank Stadium. These monuments have quite literally changed the landscape and function of Minneapolis, which makes up the bulk of McLaughlin's district.



RICH STANEK



DAVE HUTCH



BOB FLETCHER



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And yet. Critics complain he chases big, glamorous projects—see: the still-unrealized Southwest Light Rail line—in favor of smaller pieces like bus rapid transit, which might serve a lot more citizens, dollar-for-dollar. Or county road systems: Want improvements to Franklin, Penn, Lowry, Lyndale, or Hennepin Avenues, Stinson Boulevard, or Marshall Street? (Many do.) It's Peter they have to ask for funding, and it doesn't always materialize. Some theorize it's because those little fixes don't result in ribbon-cuttings. Or headlines.

Now, pour yourself some cool water. We have to talk race. No person of color has ever held a seat in Hennepin County, which is currently 20 percent non-white. (That number's gonna grow.) What would it mean to finally see a bit of melanin on the board?

And not just some token. Imagine the first to get a seat at the table was a single mother, a one-time recipient of county services who now doles them out as a high-ranking county administrator, someone who's worked directly with her city's oft-invisible homeless. That's Angela Conley, the deep-rooted challenger whose hustle on the campaign trail denied McLaughlin this year's DFL endorsement; when the convention was declared a deadlock, it was Conley in the lead.

Your're not a monster if you vote for Peter McLaughlin, who's recently taken to admitting that he is a 68-year-old white man. (And a Princeton man, at that; Conley's degrees are from St. Kate's and Hamline.) McLaughlin knows he's lived a different experience than many of his less-fortunate constituents. He still wants to serve them. If he wins again, he could start by giving them free Twins and Vikings tickets.

1ST CONGRESSIONAL DISTRICT:

**Dan Feehan (DFL) vs.
Jim Hagedorn (GOP)**

Dan Feehan has to defend Tim Walz's vulnerable fort in southern Minnesota against Jim Hagedorn, the same conservative who came within a single point of toppling Walz in 2016.

Both men have federal credentials: Feehan's a veteran, former teacher, and former Assistant Secretary of Defense during the

Obama Administration. Hagedorn was a U.S. Treasury employee who's making a fourth (!) bid to win the seat once held by his father, Thomas Hagedorn.

Hagedorn's criticism of Feehan is that he's further left than Walz: an "open borders guy" and a "gun-control person" who wants "socialized medicine."

Feehan denies none of it. He's for universal health care and a path to citizenship. Climate change, he says, is "one of our toughest challenges," which he sees fixed by ending our oil addiction and buying into wind, solar, and biofuels.

Hagedorn also stands by what he's said on the record. Or written, on a blog he used to maintain. Things like: Barack Obama's campaign is a "low-budget remake of... *Coming to America*." And same-sex marriage is "ass-backwards behavior," consensual gay sex is "an abomination," and Sarah Palin is "HOT."

Feehan's no shill. He's mused on challenging the speakership of Rep. Nancy Pelosi (D-Calif.) if Dems steal back the House.

Hagedorn sees any Democrat as a roadblock for Donald Trump. "If people like Dan win, there's going to be resistance, there's going to be impeachment," he says.

Minnesota's 1st is one of the last honestly drawn swing districts in America; they'll all count.

"Impeachment"? We'll see. But "resistance"? Yeah, that might just happen if Dan

Feehan holds one of the trickiest and most important districts in America.

2ND CONGRESSIONAL DISTRICT:

**Angie Craig (DFL) vs.
Jason Lewis (GOP)**

Just think how delicious it'd be if the person who ousted GOP Rep. Jason Lewis was someone like Angie Craig.

Craig, a former St. Jude Medical executive and married lesbian who lives in Eagan, fell short to Lewis in a squeaker election in 2016. The loss meant these suburban cities are represented by a former radio-show host who once compared same-sex marriage to rape, and warned listeners of an impending race war.

One who was mad he couldn't call a woman a "slut" anymore:

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life have a man come on to them, place their hand on their shoulder or maybe even their thigh, kiss them, and they would rather not have it happen,” he once said on the air. “But is that really something that’s going to be seared in your memory that you’ll need therapy for?”

These are just a few of the gems Lewis unveiled for listeners in his past career. They’re resurfacing now, as a righteous tide of wronged women have started calling out men who abused and oppressed them.

Lewis made a living demeaning the experiences of women. Then he took that brain out of a radio booth, to Washington, and assumed not just influence but actual power.

As the country gravitates toward political poles, Craig is the rare centrist, unsure about “Medicare for all,” and crediting Immigrations and Customs Enforcement (ICE) for “an important role in stopping drugs and human trafficking.”

District 2 is where a lot of families go to send their kids to good schools and enjoy suburban life. The moms in those households are worried about what kind of world their kids will inherit.

Maybe District 2 decides it’d rather have an accomplished woman in power, and that men like Lewis shouldn’t have microphones, let alone seats in Congress.

3RD CONGRESSIONAL DISTRICT:

**Dean Phillips (DFL) vs.
Erik Paulsen (GOP)**

Erik Paulsen looks like your friend’s dad who’s an eighth-grade algebra teacher. But the five-term incumbent actually sucks at math. Problem 1: He votes in step with Donald Trump’s position 98 percent of the time. During a recent debate, Paulsen insisted his mind-meld with the president was no big deal because, hey, even Amy Klobuchar supports 90 percent of them.

Erik has the wrong sum: Klobuchar only votes with Trump 30 percent of the time, and Mr. Paulsen thinks you kids are suckers.

The public could confront Paulsen about his deception if he ever answered to them. Less than 3 percent of his war chest comes from small-dollar individual donations, and he went a six-year stretch without a town hall meeting. He leaves it to young staff to condescend to the senior citizens and people with disabilities who come knocking at his Eden Prairie office. Over their objections, Paulsen voted for tax cuts that would raise the national debt by \$1.5 billion, clearing the way for cuts to Social Security and Medicare.

Challenger Dean Phillips is an heir to the Phillips Distilling fortune and recently opened Penny’s coffee shops. The political novice is earning a reputation for Mark

Dayton-ian noblesse oblige, as the rich man who turned down a family fortune for public service. Phillips wants campaign finance reform to cut money’s influence, and supports universal health care.

Republicans fear him. Phillips has weathered more than \$7 million worth of baffling attack ads, including one that claims he was “charged with ignoring sexual harassment.” This indictment actually refers to a lawsuit Allina Health nurses filed against a doctor in 2007.

Phillips happened to be serving on the hospital board. Yes, and...? The nurses’ attorney came out to explain that Phillips had nothing to do with the case, pausing momentarily to lash Paulsen for exploiting her clients’ pain.

Phillips is untested. Unlike Paulsen, he seems super stoked to meet people face to face. For now, that’s enough. (The bar’s low here, folks.)

8TH CONGRESSIONAL DISTRICT:

**Joe Radinovich (DFL) vs.
Pete Stauber (GOP)**

Consider the childhoods of the two men seeking the seat vacated by DFL U.S. Rep. Rick Nolan.

As a teenager, Joe Radinovich cradled a suicidal family member’s head in his hands, and saved his life. Then Joe’s mother was murdered by her partner, who also killed himself. If he hadn’t already, Joe grew up that year. He faced tragedy, and had to learn from pain—turn it into wisdom, as the ancient Greeks taught.

Pete Stauber was a golden-boy hockey star, lucky in life, a winner—even if he had to cheat to do it, which he did in the 1988 NCAA Championship Game. Stauber made his name on an ice sheet. Radinovich won his in the state House of Representatives, as an immediately capable and principled study of policy and ethics.

In 2013 Radinovich took a vote to legalize gay marriage, knowing it might sacrifice his seat. (It kinda did.) At that time, Stauber was on the St. Louis County board, fighting a \$10-a-year vehicle tax that would’ve paid for road repairs. How brave.

Stauber thinks he’ll win because he stood on stage in Duluth with Donald Trump, grabbing the president’s microphone for an ugly little speech. (“I didn’t expect him to do that,” Trump said, shrugging.)

Radinovich thinks he should win, because he wants to help hard-scrabble towns founded on now-empty mines and a naturally rich and gorgeous natural environment. (Radinovich means to protect it; Stauber not so much.) The 8th District should pick the younger man in this race, Radinovich, because he had to grow up fast, and reject Pete Stauber, because he still hasn’t. **GP**



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BY EMILY CASSEL

One morning, when you're coherent enough to think about it as you dump a pile of grounds into the percolator, take a look at the addresses on the coffee bean bags in your pantry.

Cameron's Coffee: Shakopee, Minnesota.

Caribou: Minneapolis, Minnesota.

Dunn Brothers: ditto.

It's no accident that Starbucks got its start in Seattle, Peet's is headquartered in San Francisco, or that Dunkin's based out of Boston. It's a simple matter of logistics: It's easier to ship beans to the coasts, so many of the country's most established coffee companies are on them.

But the Twin Cities has a pretty robust coffee community itself. Minneapolis often nears the top of "best cities for coffee lovers" roundups, and places like Spyhouse and Dogwood regularly appear on "best roasters in America" lists.

Then, there's Cafe Imports, which turns 25 this year.

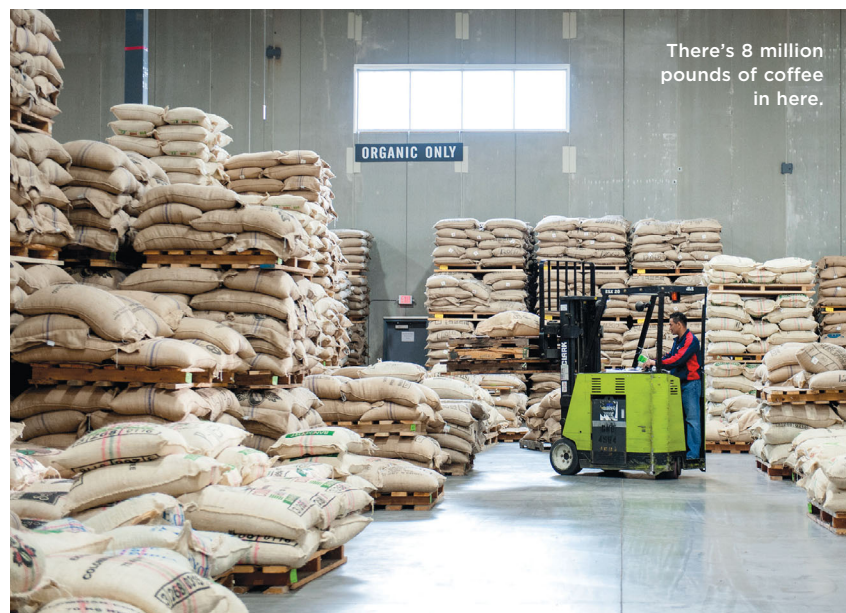
What's that? You've... never heard of Cafe Imports?

It makes sense if you're as yet unaware of the quarter-century-old Twin Cities coffee company. This isn't a coffee shop or a roaster, and you wouldn't have seen their logo on bags at Cub.

Cafe Imports is an importer and wholesaler of specialty green coffee. The beans they bring in eventually become the caffeine in your cup at dozens of places around town (Spyhouse, Dunn Brothers, True Stone, and Cameron's are all customers), and they distribute

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This Minneapolis company could be the secret reason we have some of the country's best coffee



ALMA GUZMAN

globally, too.

"We're really well-known around the whole world," says Cafe Imports creative director Andy Reiland. "But being business-to-business, people don't know that we're here, or that we're really well-known for doing what we do in the global coffee market."

"It's so Midwestern of us," their managing editor, Meister, chimes in.

THE GREAT COFFEE GET TOGETHER

Saturday, November 3, 10 a.m.-3 p.m., free
Cafe Imports Warehouse
2280 Walnut St. Suite 200, Roseville
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Cafe Imports got its start in 1993, when a friend of founder Andrew Miller was looking for help bringing beans from his family farm in Brazil to the United

States. Miller saw a bigger opportunity. Thanks to his career in fine dining and wine, he realized this was better than average coffee—and he was willing to bet there'd be a market for it up here.

"There was really good coffee available, but it was hard to buy because the industry was relatively young in general, and it hadn't yet really made its way to the Twin Cities at all," Meister explains. "There was, really, nothing in the Midwest." So Miller borrowed money from his mother-in-law, and he brought a semi-truck container's worth of beans back from his friend's farm. Then, he got in his car and started driving—Chicago, Eau Claire, Fargo—sampling and selling it, bag by single bag. "Which, at that time, was really unheard of."

Today, the company sells to roasters around the globe. They have an office in Berlin and another in Australia. They still do business all over Minnesota—it's one of their biggest markets, and they distribute to more than 700 different roasters in the Midwest and more than 40 in the Twin Cities metro.

But their offices are as unassuming as the business inside—a signless brick building on an out-of-the-way, industrial stretch of East Hennepin Avenue in Minneapolis. If you weren't buying beans from them, you'd have little reason to drop by, or even end up on their website. And so, Cafe Imports remains a relative unknown, even to many who for whom a daily trip to Dunn Brothers is a given.

On November 3, that'll change. Because a few minutes away from the offices, there's the massive Cafe Imports warehouse, where more than 8 million pounds of coffee is stored in 150-pound bags from

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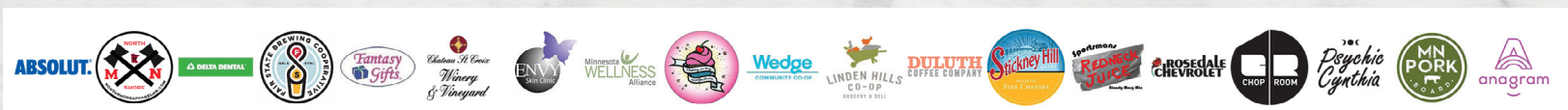


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FOOD

almost 30 different countries: Colombia, Brazil, Mexico, Rwanda, Ethiopia. And after 25 years quietly contributing to one of the best coffee cultures anywhere, they're opening the doors for the Great Coffee Get Together, a day-long, very caffeinated party.

Doomtree's Sims is DJing. There will be live screen-printing, food trucks, and coffee education classes. They'll lead demonstrations and tastings, and they've reached out to more than 55 local roasters for a coffee showcase. There'll be non-coffee drinks too (that is: beer), so you can balance your uppers and downers.

And there will be conversations about sustainability and sourcing, two things that are of supreme importance to this group. The Cafe Imports website is full of information about the farms they work with, with maps, photos, and producer profiles of the growers behind the beans. "We're on the ground; we have relationships with these farmers all over the world," Meister explains. They want that relationship to extend to you, the coffee drinker, which is why there are videos and interviews with farmers, reports on exactly where the coffee comes from—things you'll learn about first-hand if you check out the party.

"We want to open our warehouse and invite coffee lovers of the Twin Cities in to celebrate our anniversary," Miller said in a statement, "to show people about specialty coffee and the work that we do at coffee's origin to support our values, and to simply be a good neighbor with genuine hospitality."

That neighborly part is important, too. Meister notes that they're still pretty small for an international company, which is by design. It lets them keep the focus on producers, so they can take regular trips to places like Colombia and Brazil, and make a point to connect roasters with the people performing the labor that leads to your morning latte. If you call the office, you talk to a person.

When I note that Cafe Imports could be one of the reasons there's so much high-quality coffee to be had from so many great roasters in the Twin Cities, Meister is again characteristically Midwestern: "It's certainly not by us alone; no one company can do that in a vacuum."

But that response shouldn't come as a surprise from a company that's been so humble these last 25 years. It's not about them, anyway—it's about the people planting and nurturing your coffee, and the ones roasting and brewing it for you. And it's exactly aligned with what Meister thinks Cafe Imports' goal should be: "Helping people invest in one another to improve the quality of life for coffee producers everywhere." ☐

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SUSPIRIA

WALKER ART CENTER

As with all Dario Argento flicks, *Suspria* is a weird one, making it perfect for a Halloween screening. The cult classic follows Suzy, an American dancer who has been accepted into a prestigious ballet school in Munich, Germany. Things quickly go sour upon her arrival, as one student goes mad, maggots fall from the ceiling, and people get brutally murdered. Is the school a source of pure evil? You'll have to see the movie to find out. *Suspria* is Argento's most successful film, and has been a regular on the art-house circuit since its release in 1977. The movie's sets and sounds are quite memorable, with designs that harken back to German expressionism and a soundtrack by prog-rock group Goblin. This screening will also serve as a good primer before the equally bonkers-looking remake is released this week. 7 p.m. \$10; \$8 members, students, and seniors. 725

"Roots and Fruits" celebrates over 40 years of work from feminist arts collective WARM.



ANN ASLANIDIS

Vineland Place, Minneapolis; 612-375-7600. —JESSICA ARMBRUSTER

HALLOWEEN

EMO NIGHT: HALLOWEEN EDITION

HONEY

Emo was made for Halloween. If this genre is your jam, then bring your macabre self to Honey for a party that will be a mix of sorrow and glitter, as is the scene kids' way. Dance to the upbeat (but often kinda angry or mokey) tunes of My Chemical Romance, Panic! At the Disco, Fall Out Boy, Paramore, All Time Low, Twenty One Pilots, and others. Adding a little glitz to the evening will be host Nocturna Lee Mission. She

and her crew will be giving pop-up drag performances throughout the evening. Come in costume; prizes will be awarded to those with the best looks. 21+. 9:30 p.m. to 2 a.m. \$10. 205 E. Hennepin Ave., Minneapolis; 612-746-0306. —JESSICA ARMBRUSTER

BARHOPPING

DARK FATHA HALLOWEEN PARTY

BENT BREWSTILLERY

Bent Brewstillery remains one of the most unusual breweries in the state, and not just because it makes gin, rum, whiskey, and beer. One of the brewstillery's most notable creations is Dark Fatha, a bold imperial stout with

layers of goodness hidden beneath that gloomy exterior. This year's release comes on Halloween, which means the beer will be paired with a costume contest. Wednesday also marks the debut of Dark Fatha Brewer's Reserve, aged in whiskey barrels and kicked up a notch with toasted coconut and roasted chili peppers. Even non-beer fans should find something to enjoy this evening, as Bent will also be serving cocktails for one night only. 4 p.m. to midnight. Free. 1744 Terrace Dr., Roseville; 844-879-2368. —LOREN GREEN

THURSDAY 11.1

ART/MUSEUM

GRACE

MINNESOTA AFRICAN AMERICAN HERITAGE MUSEUM AND GALLERY

After celebrating its grand opening in September, the Minnesota African American Heritage Museum and Gallery presents its latest exhibition. "Grace" features photography by Walter Griffin and paintings by Beverly Tipton Hammond. Hats worn by African American women, often to church, is the central theme of their work for this show. Items from Kevin Henderson of Mr. H's hats will also be displayed. The group showcase provides an opportunity to celebrate the long-held tradition of hat-wearing in the black community through photographs and colorful paintings offering a more abstract homage to black womanhood and style. There will be an opening reception on Thursday, November 1, from 5 to 7 p.m. 1256 Penn Ave. N., Minneapolis. Through January 31, 2019 —SHEILA REGAN

FRIDAY 11.2

ART/GALLERY

GENIALE DILLETANTEN: SUBCULTURE IN GERMANY IN THE 1980S

SCHMIDT ARTIST LOFTS

Though the Berlin Wall separated East and West Germany in the 1980s, people

CONTINUED ON PAGE 24 ►

FIRST AVENUE & 7th St entry

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FIRST AVENUE MAINROOM UP NEXT

🏆 BEST DANCE CLUB (READER'S CHOICE), BEST CONCERT VENUE (READER'S CHOICE)
- CITY PAGES 2018

OCT 31
CITY PAGES AND YELP PRESENT
FIRST AVENUE'S ANNUAL HALLOWEEN PARTY AND COSTUME CONTEST
WITH DJ ESPADA, DJ KEEZY, MIKE2600, SOPHIA ERIS, DJ SMITTY, ROY FREEDOM
HOSTED BY GISELE UGARTE

NOV 01
89.3 THE CURRENT PRESENTS
LOW CUT CONNIE
WITH RUBY BOOTS

NOV 03
CDS DFL GET OUT THE VOTE CONCERT
SOLID GOLD, MALAMANYA, deM atlas, YAM HAUS, DJ KEEZY

NOV 07
GORGON CITY LIVE
WITH KING HENRY

NOV 08
CITY PAGES PRESENTS
BROTHER ALI
SHADOWS ON THE SUN
15TH ANNIVERSARY TOUR

NOV 09
IIDA PRESENTS
FUSION + FASHION
WITH DJ JAKE RUDH (TRANSMISSION)

NOV 10
PERT NEAR SANDSTONE
WITH KIND COUNTRY, THE LOWEST PAIR

NOV 11
THE ROCK AND ROLL PLAYHOUSE PRESENTS
The Music of PHISH For Kids

NOV 13
GO 94.3 PRESENTS
RÜFÜS DU SOL
SOLACE TOUR
WITH CUBICOLOR, ICARUS

NOV 14
THE WONDER YEARS
WITH HAVE MERCY, OSO OSO, SHORTLY

NOV 16
FIRST AVENUE AND SNOWTA PRESENT
THE FLOOZIES
CROWN OF HORNS TOUR
WITH SoDown, RECESS

NOV 17
89.3 THE CURRENT PRESENTS
JULIEN BAKER AND PHOEBE BRIDGERS
WITH LUCY DACUS

NOV 18
FIRST AVENUE AND ROSE PRESENT
DWEZIL ZAPPA - Choice Cuts

NOV 19
AMINÉ
Tourpointfive
WITH BUDDY, KAYO GENESIS

NOV 21
THE IKE REILLY ASSASSINATION
WITH KRAIG JARRET JOHNSON & THE PROGRAM, PORCUPINE

NOV 23
89.3 THE CURRENT PRESENTS
LISSIE
WITH REINA DEL CID

NOV 24
89.3 THE CURRENT PRESENTS
THE CACTUS BLOSSOMS
WITH J.S. ONDARA

NOV 25
GO 95.3 PRESENTS
6LACK
PRESENTS FROM EAST ATLANTA WITH LOVE TOUR
WITH SUMMER WALKER

NOV 27
89.3 THE CURRENT PRESENTS
KHRUANGBIN
WITH GINGER ROOT

NOV 28
THE 2ND ANNUAL HORTON'S HOLIDAY HAY RIDE STARRING
REVEREND HORTON HEAT AND JUNIOR BROWN
WITH THE BLASTERS, BIG SANDY

NOV 29
89.3 THE CURRENT PRESENTS
JD MCPHERSON
SOCKS: A ROCK 'N' ROLL CHRISTMAS TOUR

NOV 30
THE MOTET
WITH MUNGION

DEC 01
89.3 THE CURRENT PRESENTS
PHOSPHORESCENT
WITH LIZ COOPER AND THE STAMPEDE

DEC 02
STARS
WITH MY BRIGHTEST DIAMOND

7TH ST ENTRY UP NEXT

🏆 BEST CONCERT VENUE
- CITY PAGES 2018

NIGHT MOVES
W/ MONICA LAPLANTE, A PINK DREAM (THE CURE TRIBUTE), LOVE SEQUENCE
WEDNESDAY, OCTOBER 31

SURE SURE AND WILDERADO
W/ LUNCH DUCHESS
THURSDAY, NOVEMBER 1

SAINTS OF VALORY
W/ THE MISSING LETTERS
SATURDAY, NOVEMBER 3

ACID DAD
W/ PRODUCTS, GO FOR RETRO, BLACK SATORI
SUNDAY, NOVEMBER 4

THE ELWINS
W/ STACY K, ZAQ BAKER
MONDAY, NOVEMBER 5

NNAMDI OGBONNAYA
W/ SEN MORIMOTO
TUESDAY, NOVEMBER 6

JENNA ENEMY BIRTHDAY SPECTACULAR WITH THE VON TRAMPS
W/ THE SMOKES, BLACK WIDOWS, THE MONDAL RIOT
WEDNESDAY, NOVEMBER 7

TONY LUCCA
W/ TOM MACKELL, ALEXANDER NATALIE
THURSDAY, NOVEMBER 8

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PALACE THEATRE UP NEXT

NOV 01
KAMASI WASHINGTON
Heaven and Earth Tour
W/ BUTCHER BROWN

NOV 03 & 04
AN EVENING WITH WEEN

NOV 17
CHARLIE PARR
W/ THE GHOST OF PAUL REVERE, JEFF MITCHELL

NOV 23 & 24
HIPPO CAMPUS
W/ NOW, NOW

DEC 14
ATMOSPHERE
W/ deM atlas, THE LIONESS, DJ KEEZY
(DEC. 15 SHOW SOLD OUT)

FEB 05
INTERPOL
W/ SUNFLOWER BEAN

FEB 12
RAINBOW KITTEN SURPRISE
W/ MT. JOY

FINE LINE UP NEXT

KIIARA
W/ ABIR
WEDNESDAY, OCTOBER 31

KT TUNSTALL
W/ MADDIE ROSS
FRIDAY, NOVEMBER 2

WINDHAND
W/ SATAN'S SATYRS
THURSDAY, NOVEMBER 8

TURF CLUB UP NEXT

ORGÖNE
W/ MCNASTY BRASS BAND
WEDNESDAY, OCTOBER 31

mewithoutYou
W/ SMIDLEY, DAVEY AND THE CHAINS
THURSDAY, NOVEMBER 1

AN EVENING WITH MARTIN FUREY
SATURDAY, NOVEMBER 3

THIS WILL DESTROY YOU
W/ STEVE HAUSCHLDT
SUNDAY, NOVEMBER 4

AROUND TOWN

LOW
W/ IN/VIA
FITZGERALD THEATER
FRIDAY, NOVEMBER 2

WAVVES
W/ SHY BOYS
SATURDAY, NOVEMBER 10

TURKUAZ AND RUBBLEBUCKET
FRIDAY, NOVEMBER 16

RIISING APPALACHIA
NORTHERN HARVEST TOUR
W/ BE STEADWELL, AMBER LILY
SATURDAY, NOVEMBER 17

CARL BROEMEL OF MY MORNING JACKET
W/ STEELISM
MONDAY, NOVEMBER 5

THE SUITCASE JUNKET
W/ JOHN DAVID & THE JERKS
TUESDAY, NOVEMBER 6

NATE STANIFORTH
REAL MAGIC TOUR 2018
WEDNESDAY, NOVEMBER 7

TATANKA
THURSDAY, NOVEMBER 8

THE GREATEST GENERATION PODCAST
THE CEDAR
SATURDAY, NOVEMBER 3

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WITH THE HOOTEN HALLERS, BLACK RIVER REVUE
FIRST AVENUE \$18/\$22 / 7PM DOORS / 18+

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WED DEC 12
SHEILA E.
FIRST AVENUE \$45 / 7PM DOORS / 18+

SAT MAR 30
BOB MOULD BAND
SUNSHINE ROCK TOUR
PALACE THEATRE \$30+ / 7:30PM DOORS / 18+

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A-LIST

Go underground with '80s German counterculture.



SPRUNG AUS DEN WOLKEN, 1981

CONTINUED FROM FRIDAY ►

on both sides were unified in the “Junge Wilden” (Young Wild Ones) movement. The key players were renaissance artists working across media, creating films, gallery pieces, ’zines, and music. With the power of the mixtape, dive bar stage, and handheld recording devices they created a subculture that pushed boundaries, despite living in divided countries with very clear borders. “Geniale Dilletanten,” presented by the Germanic-American Institute, will showcase the work of seven bands from the era, sharing film shorts, fashion, music, and more. There will be an opening reception on Friday, November 2, from 6 to 9 p.m. Free; donations accepted. 882 Seventh St. W., St Paul. **Through November 18** —JESSICA ARMBRUSTER

BARHOPPING

FIRST TAPPIVERSARY

URBAN FORGE WINERY AND CIDER HOUSE

Urban Forage collects locally grown apples, pears, grapes, and dandelions, and uses them to create a diverse lineup of ciders and wines. They opened their taproom on East Lake one year ago, and now they're ready to celebrate. For their First Tappiversary party, Natasha's Pierogies food truck will be stopping by, and in-house gluten-free cheese and olive plates will be served. As for beverages, the Tappiversary marks the first time they've had mead on tap. Black currant cider, pear cider, and barrel-aged dry cider will also be available. 4 to 11 p.m. Free. 3016 E. Lake St., Minneapolis; 651-235-2726. —LOREN GREEN

FESTIVAL

OPEN STUDIOS IN NORTHEAST MINNEAPOLIS

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This weekend, the northeast Minneapolis arts district is throwing an epic party. At the Northrup King Studios there's Art Attack, where over 300 artists will showcase their pieces through receptions, demonstrations, and hands-on activities. There will also be live music and food trucks parked outside. California Dreamin' in the California Building will invite people to explore six floors of studios with over 30 artists sharing their work. Finally, Open Casket at Casket Arts will offer music, food truck eats, and cocktails from Vikre Distillery. The hours are the same at each venue: 5 to 10 p.m. Friday; noon to 8 p.m. Saturday; noon to 5 p.m. Sunday. Free. Northrup King Studios, 1500 Jackson St. NE, Minneapolis; 612-363-5612. California Building, 2205 California St. NE, Minneapolis; 612-788-5551. Casket Arts, 681 17th Ave. NE, Minneapolis; 612-788-0174. **Through Sunday** —JESSICA ARMBRUSTER

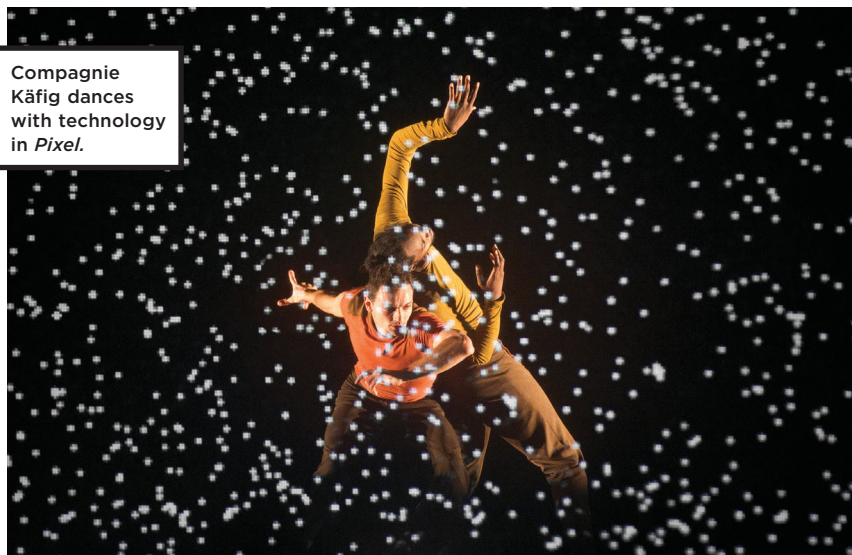
THEATER

NOISES OFF

GUTHRIE THEATER

Playwright Michael Frayn's *Noises Off* is the rare farce that hilariously skewers its subject without betraying an underlying affection. Comic chaos erupts when a motley company attempts to mount the ill-advised sex farce *Nothing On*. Stocked with a hapless cast of mismatched personalities (including a faded television star, an inarticulate leading man, a talentless ingénue, and an

Compagnie
Käfig dances
with technology
in *Pixel*.



LAURENT PHILIPPE

insufferably insecure supporting actor) under the guidance of a chronically exasperated director, the farce-within-a-farce is spiraling out of control even before the performers begin sleeping with one another. The progressive toll of wounded egos and inflamed jealousies builds through three distinct acts, each of which is set at a later stage in the doomed play's progression, from the lackluster dress rehearsal through a disastrous performance. This Meredith McDonough-directed production features a top-notch ensemble, including Sally Wingert and Nathan Keepers. The show is in previews through November 1. 7:30 p.m. Tuesdays through Saturdays; 7 p.m. Sundays. \$29-\$78. 818 S. Second St., Minneapolis; 612-377-2224. **Through December 16 —BRAD RICHASON**

SATURDAY 11.3

THEATER

THE CLEAN HOUSE

GREMLIN THEATRE

Contemporary playwright Sarah Ruhl's affectionate comedy *The Clean House* follows the unlikely bonds between three vastly different women: Matilde (a Brazilian immigrant working as a housecleaner), Lane (the affluent doctor who employs Matilde), and Virginia (Lane's philosopher sister). Instigated by Matilde's aversion to cleaning, Virginia steps in to perform the task, arguing that the act provides a kind of existential fulfillment. At the same time, Lane's estranged husband, a surgeon, is making a mess of another kind, professing his love for Ana, one of his former patients. Ruhl demonstrates her skill for adeptly playing off eccentric personalities with grounded humor, satirizing the class distinctions from a heartfelt perspective. The material should prove especially memorable in the hands of Theatre Unbound, longstanding advocates for works created by women. Carolyn Levy

returns (after her popular staging of *The Good Fight*) to direct the four-person cast. For tickets, go to www.theatreunbound.com. 7:30 p.m. Thursdays through Saturdays; 2 p.m. Sundays. \$18-\$22. 550 Vandalia St., St. Paul; 651-228-7008.

Through November 18 —BRAD RICHASON

ART/GALLERY

ROOTS AND FRUITS

CATHERINE G. MURPHY GALLERY

This retrospective of the feminist artists collective WARM takes on a particular poignancy, not only because of the current cultural and political climate, but also because of the recent passing of Judith Roode, one of the group's founding members. Still, any opportunity to gather with WARM is also a celebration of women's creativity, resiliency, and power through art, as well as a refutation of the patriarchy. The national feminist movement of the 1970s is the backdrop for this show, in which period artworks and archival materials highlight pivotal events in WARM's early history. Among the notables whose work is included are Harriet Bart, Sandra Menefee Taylor, Hazel Belvo, Jantje Visscher, Joyce Lyon, and, of course, Roode. To see some of this work now, 40 years later, demonstrates just how—sadly—evergreen their political protests continue to be. There will be an opening reception from 6 to 8 p.m. Saturday, November 3. Free. 2004 Randolph Ave., St. Paul; 651-690-6644. **Through December 15 —CAMILLE LEFEVRE**

DANCE

COMPAGNIE KÄFIG

NORTHROP

Mourad Merzouki, the French choreographer and founder of Compagnie Käfig, merges the hyper-virtuosic bodies of his dancers with digital landscapes in *Pixel*, a transfixing

CONTINUED ON PAGE 27 ►



RICHARD MARX

THIS WEEKEND | NOV 3 | FITZGERALD THEATER

LEE ANN WOMACK
ALL THE TROUBLE TOUR

NOV 8 | THE CEDAR

THE WEEPIES

DEC 7 | THE CEDAR

MELISSA ETHERIDGE

DEC 9 | PANTAGES

AMOS LEE

MAR 29 | STATE THEATRE

Over the Rhine
& CARRIE
NEWCOMER

APR 12 | PANTAGES

AN EVENING WITH
BETH HART

APR 23 | PANTAGES

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NOV 2ND @ 9PM



NOV 3RD @ 8PM




NOV 6TH @ 8PM



NOV 18TH @ 8PM



NOV 01



NOV 02



NOV 08



NOV 09



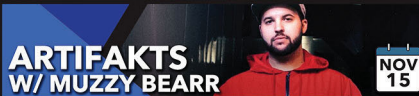
NOV 10



NOV 10



NOV 15



NOV 15



NOV 17



NOV 17



NOV 21



NOV 21



NOV 23



NOV 24



NOV 27



NOV 28



NOV 29



NOV 30



DEC 01



DEC 02



DEC 07



DEC 08



DEC 13



DEC 14



DEC 15



DEC 21



DEC 22



DEC 28



DEC 29



DEC 31



JAN 13



JAN 25



JAN 26



FEB 09



MAR 02

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Egyptian
artifacts
unearthed

JÉRÔME DELAFOSSE

CONTINUED FROM SATURDAY ►

piece. Digital artists Adrien Mondot and Claire Bardainne generated the synthetic world in which the dancers play: a stark, elastic theater of lines, which assemble into walls that pulse and expand, floors that crack, mountains that rise above crevasses, waves that roll, rain that falls, and creatures that chase. The movement meets the technological on its terms. The bodies are acrobatic, inquisitive, and able to create shapes that seemingly defy physical parameters. Stagecraft defines convention in this work. 7:30 p.m. \$22-\$47. 84 Church St. SE, Minneapolis; 612-624-2345. —CAMILLE LEFEVRE

COMEDY

RANDY RAINBOW

PANTAGES THEATRE

Randy Rainbow is the latest example of an overnight sensation years in the making. His backstory is familiar: A young man moves to New York City, in this case from south Florida, to pursue a career on Broadway. Instead, he winds up with a variety of day jobs that include waiting tables and office temp work. Then, in an effort to make something happen, Rainbow started a Broadway blog and began making funny videos and posting them to YouTube. Then he stumbled on the idea of doing political song parodies. Helped by a crazy presidential election and an even crazier administration, his career has taken off. Usually wrapped around a cleverly edited faux interview, his song parodies (still produced in his apartment but now much more professional-looking) gather upward of 30 million views. Much like the great Weird Al Yankovic, Rainbow (yep, that's his real

name; it's his father's stage-turned-legal name) is great at creating song parodies. Sometimes it's hard to decide what's funnier, the song or the "interview" that precedes it. In either case, Rainbow is emblematic of how humor is going to get us through this time in our history. 7:30 and 10 p.m. \$45. 710 Hennepin Ave., Minneapolis; 612-339-7007. —P.F. WILSON

SUNDAY 11.4

ART/MUSEUM

EGYPT'S SUNKEN CITIES

MINNEAPOLIS INSTITUTE OF ART

A blockbuster exhibition of ancient artifacts that were almost lost forever makes its way to the Minneapolis Institute of Art as it tours around the world. "Egypt's Sunken Cities" features more than 250 works of art that were discovered by underwater archaeologist Franck Goddio while exploring the Aboukir Bay near the city of Alexandria. Goddio's team of archaeologists, Egyptologists, historians, geologists, geophysicists, and computer engineers unearthed (or "unwatered" in this case) incredible sculptures and artifacts from the lost cities of Thonis-Heracleion and Canopus, once thriving locations of the ancient world. The monumental statues—including jewelry, ceramics, and religious images carved in stone—were submerged in water around 800 C.E. until their rediscovery in 2000. Goddio will give a lecture at Mia on November 1, recounting the fascinating adventure of excavating the ancient sites. The exhibition opens to the general public on Sunday. \$20. 2400 Third Ave. S., Minneapolis; 888-642-2787. **Through April 14, 2019** —SHEILA REGAN

ALAN PARSONS

LIVE PROJECT

FRIDAY, NOVEMBER 9

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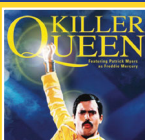
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FRI, NOV 2

ROCKIN' HOLLYWOODS

Doors 7:00pm • Dance Lesson 7:15pm
Music 8:00pm • 21+

SAT, NOV 3



KILLER QUEEN

THE PREMIER
TRIBUTE TO QUEEN

Doors 7:30pm • Music 8:30pm • 21+

FRI, NOV 9



RONNIE MILSAP

A LEGEND
IN MY TIME

with guest **SHANE MARTIN BAND**

Doors 7:00pm • Music 8:00pm • 21+

SAT, NOV 10



LITTLE RIVER BAND

with guest **THE 70'S MAGIC
SUNSHINE BAND**

Doors 7:30pm • Music 8:30pm • 21+

UPCOMING:

NOV 16 BLACKHAWK

with THE PLOTT HOUNDS

NOV 17 THE OUTLAWS AND MOLLY HATCHET

NOV 24 BLUES-A-PALOOZA

with SCOTT ANDERSON

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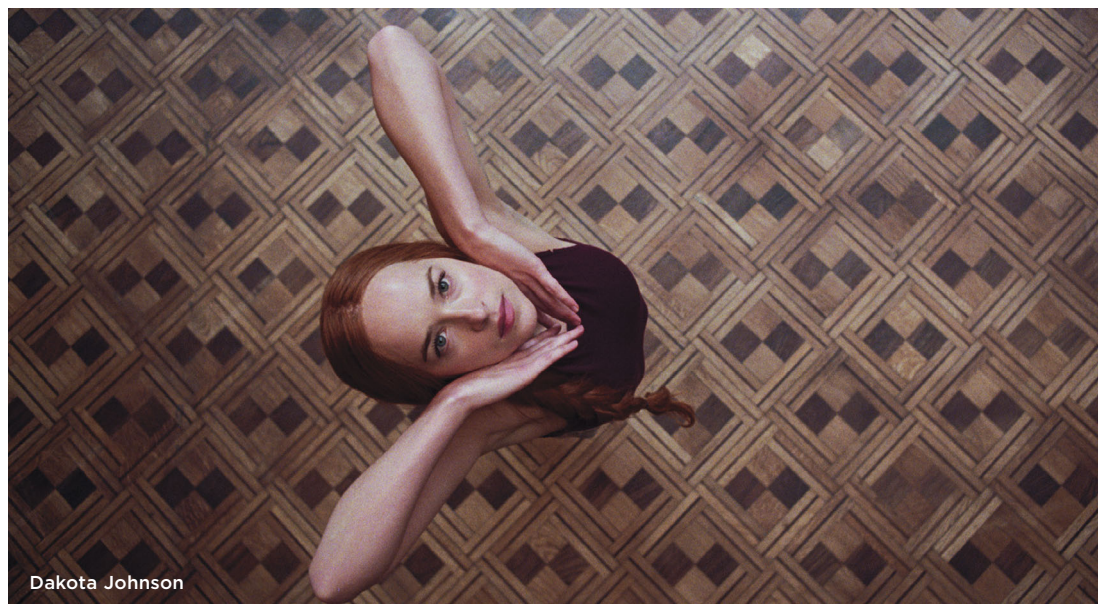
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FILM

HAUNTED ARTHOUSE

Guadagnino's *Suspiria* remake is a lavishly grotesque reimagining of an Italian classic



Dakota Johnson

COURTESY OF AMAZON STUDIOS

BY BRYAN MILLER

The descriptors “highbrow” and “horror remake” rarely make their way into the same sentence, but that’s exactly what *Call Me By Your Name* director Luca Guadagnino is going for in *Suspiria*. Guadagnino’s bold follow-up to his Oscar-nominated breakthrough is an even more lurid, outlandish reimagining of fellow Italian director Dario Argento’s 1977 classic about a coven of witches who run a ballet school.

Guadagnino, working from a script by horror-savvy American screenwriter David Kajganich, follows the original story beats but so forcefully reinterprets the material that he manages to claim familiar ground as his own. His ominous aesthetic is so overpowering it merits a Kubrick comparison, but where *The Shining* is all chilly calculation, Guadagnino’s *Suspiria* is hothouse madness.

Dakota Johnson is Susie Bannion, an American ballet dancer who has crossed the Atlantic to Berlin in the hopes of landing a spot in the company with dance guru Madame Blanc (Tilda Swinton). Susie gets accepted, thanks to the disappearance of dancer Patricia (Chloe Grace Moretz),

but a role in Blanc’s show doesn’t come without sacrifice. Literal sacrifice.

Johnson may play the protagonist—and she plays it beautifully—but this is Swinton’s showcase. In addition to Blanc, whose unknowable genius supplies the gravity that keeps the story in orbit, Swinton does a gender-swap by appearing in a second role as Dr. Josef Klemperer, an aged psychiatrist who bears witness to the supernatural. Swinton even features in a revoltingly wicked third role that constitutes a spoiler all by itself. It’s tough to imagine literally any other actor pulling this off.

Suspiria is fussily, self-consciously structured, and its ambling pace over the course of two and a half hours could be construed as indulgent—by people who are wrong, that is.

Suspiria’s strength is its slow-burn-surrealism. (Note that earlier Kubrick comparison.) This is a film devoted to, and dominated by, atmosphere. *Call Me By Your Name* conjured up as much lust for the Italian countryside as it did for carnal connection. Here too Guadagnino lingers over the graceful savagery of a ballet performance, which always threaten to devolve into body-breaking savagery.

SUSPIRIA

directed by Luca Guadagnino
starts Friday, Uptown Theatre

The film effortlessly vacillates between gorgeous and ghastly.

The final act descends into full-on horror that may put off viewers more accustomed to the arthouse than the haunted house. *Hereditary* haters might similarly dismiss *Suspiria*’s conclusion, but the Grand Guignol climax is welcome weirdness to those who like a little genre-boundary pushing.

As with Argento’s best work, this new *Suspiria* appreciates that logic and fear are unrelated. What frightens us need not make sense; in fact, the nonsensical can be vastly more unnerving.

Argento’s primary concerns have long been atmosphere and image; if the story doesn’t entirely hang together, so be it. Guadagnino does the master of Giallo cinema proud, swapping out the older Italian’s signature bright color palette for darker, velvety hues and offering an updated, more empowering ending. His fidelity remains to the lavish grotesquerie and omnipresent sense of dread that haunt viewers long after the particulars of the plot have faded from memory. **C**

THE TEMPEST

Shakespeare goes horror for Halloween

Meri Golden



CRAIG JAMES PHOTOGRAPHY

BY JAY GABLER

If you go into Theatre Coup d'Etat's new production not knowing much about the plot of *The Tempest*, you may leave still not knowing much about the plot of *The Tempest*. What you'll gain, though, is an understanding of the elemental forces at play in Shakespeare's supernatural drama: wind, water, spirit, revenge.

It's a natural piece for Coup d'Etat to tackle. James Napoleon Stone's company is distinguished by physical zeal and a meticulously crafted sense of atmosphere, both of which help transform the sanctuary of the SpringHouse Ministry Center into a haunted island.

Stone, who directs, positions the audience very literally in the round. Seats are arranged in a single-layer circle, with gaps for cast members to move through. They do so with such speed and frequency that if you cross your legs, you might find your foot getting caught in Prospero's robes.

A problem with this approach is that in the highly reverberant space, with actors often facing away from you (sometimes clear across the room) as they spool rapidly through their dialogue, it can be nearly impossible to follow some of the language.

Props are few and set elements nonexistent, so visual cues are largely limited to blocking and Mark Kieffer's swirling lighting.

This is a case, then, where unless you're a committed Bard buff, it definitely pays to dust off your reading guide and do a little prep before going in. If you do know the story, you can sit back and enjoy the energetic performances in this satisfyingly immersive show.

Meri Golden strikes a nice balance between love and hate as Prospero, the stranded magician whose daughter Miranda (a luminous Stephanie Ruas) knows only their life on an island where Prospero has mastered the elements and plots to remedy their exile by wedding Miranda to the royal Ferdinand (Clay Man Soo).

This production really belongs to two trios of actors who enliven the action in very different ways. As the pathetic and grotesque Caliban, Craig James Hostetler joins forces with Madeleine Rowe and Kevin Fanshaw as Stephano and Trinculo, fueled by "celestial liquor" and mounting a farcical coup against Prospero. While those three carry the comedy, Stone splits the spirit Ariel into three roles: an "Ariel Prime" (Kelly Nelson), an "Ariel Water" (Mairead Koehler), and an "Ariel

Wind" (Sophina Saggau). As they do Prospero's bidding

THE TEMPEST

SpringHouse Ministry Center
610 W. 28th St., Minneapolis
1-800-838-3006; November 17

with the promise of winning their freedom, the spirits swirl around the room, singing in eerie harmony and lending a deliciously creepy sense of unseen forces.

It's a superb example of the company's skill at achieving impact through actors' physical presence. Elaborate makeup helps to convey a sense of the spirits' otherworldliness and Caliban's reptilian nature.

This is an apt *Tempest* for the Halloween season, when the world seems to come alive with malevolent forces. Though the show's successes come at the expense of some clarity in storytelling, this is a distinctive production that's well worth seeing. **A**



Visit thecedar.org for more show listings

Wednesday, October 31 The Cedar Presents LOUDON WAINWRIGHT III with <i>Swanny Rose</i> Doors 7pm • Show 7:30pm • All Ages • \$25 GA	Monday, November 5 AEG Presents COLE ESCOLA: HELP! I'M STUCK! Doors 7pm • Show 8pm • All Ages • \$23.50 GA
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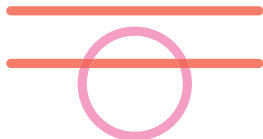
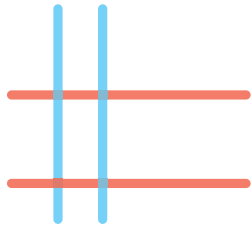
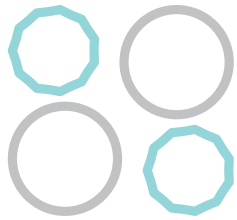
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Sensory Friendly Sunday was developed in consultation with the Autism Society of Minnesota (AuSM) and the University of Minnesota's Occupational Therapy Program.



This program is made possible in part by the Institute of Museum and Library Services.

WALKER

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STREET *Style*

STREY DESIGNS Store opening at Mall of America on October 26. **BY PIERRE WARE**



SABA ANDUALET

26, BARTENDER, PROGRAM MANAGER, AND ART SHOW CURATOR/MODEL

What are you wearing?

Top from Buffalo Exchange (my sis spotted it!) and high-rise mom denim from Urban Outfitters.

What's the most prominent color in your wardrobe?

Pastel purple.

Vintage or new?

I'm super into putting outfits together that incorporate some vintage with some new. I'm so lucky and get to take photos with the dope women who run Dearheart Vintage. They've brought some amazing vintage clothing into my life.



ISABEL KORAB

24, ASSISTANT AT STREY DESIGNS

What are you wearing?

Black Sparkle & Fade jumpsuit from a re-sale shop, ankle boots found at Goodwill. Vintage printed bandana from my mom.

What is the most prominent color in your wardrobe?

Black or patterns. A vintage, over-the-top print that's so ugly it's cute is golden to me.

Vintage or new?

I always shop used or vintage. Sustainability is something that I have committed to. If I am buying something new, which is very rare, I do research on the company to make sure it is locally produced, ethically made, fair-pay certified, or sustainably sourced.



BETHY HENDRICKSON

25, ASSISTANT AT STREY DESIGNS

What are you wearing?

Urban Outfitters, Circus, Topshop, and thrift. And my new Strey bag.

What's the most prominent color in your wardrobe?

Probably yellow right now, but it always changes. I love patterns and fun pants.

Vintage or new?

I love seeing what is in fashion and going to find a similar, cheaper item at the thrift shop. I'm from England and we don't have thrift shops so I'm still always so excited to shop them! Getting a pair of Doc Martens for \$2.50 has been my best find.

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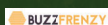
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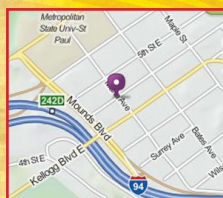
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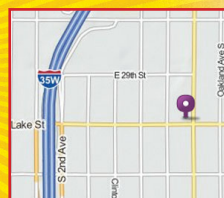
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SECOND HAND NEWS

I saw Fleetwood Mac with my ex-boyfriend's secret girlfriend



STEVEN COHEN

BY EMILY CASSEL

I got a Facebook notification in July from a stranger named Katie.

"This message is a long time coming," she began. "I think you deserve to know that [REDACTED] was not honest to me about how you met or your relationship. If you'd like to talk about this more in person or wherever, no hard feelings and beers are on me."

The text thread that followed went on for hours, but here's the upshot: My then-partner and Katie had been together a few months longer than my then-partner and I had. Both of us had been in the dark about the other, and we spent hours uncovering an extended, elaborate, and honestly impressive web of lies meant to obscure the other's relationship. It sure was... something.

Katie, it turned out, was also cool as hell, and we had a lot in common: just a couple of femmes who were into bikes and Hamm's and '80s punk. We both had two cats, we both loved monster trucks and @dasharezOne—and Stevie Nicks. And eventually, she said those 19 little words every recently cucked gal who just learned her "relationship" is actually a half-year con longs to hear: "So

the real question now is: Are we going to Fleetwood Mac together since I'm repossessing [REDACTED'S] birthday ticket?"

Obviously.

Show me a more metaphorically on-the-nose group than the one that penned *Rumours* to soundtrack a friendship forged in such a strange emotional chaos. Telling your girlfriend you're spending the day at Mom's when you're actually at an amusement park with your other girlfriend? How very Christine McVie telling John that "You Make Loving Fun" was about her dog. The primal, wounded anguish of "Go Your Own Way"? That's finding out about the aforementioned lie(s), and asking a one-time partner to kindly fuck off forever outside of your favorite bar. "Don't Stop" is the willful optimism you'll perform in the weeks that follow.

Months after meeting, Katie and I heard all those tracks and then some last week at the Xcel Energy Center, during a marathon Fleetwood Mac set.

There's been lots of speculation following Lindsey Buckingham's abrupt firing earlier this year—I don't have to tell you Fleetwood drama in no way stopped post-

Rumours—and about what his absence would mean. Would the Lindsey-less lineup trot out his tracks? Would a more-is-better approach—subbing in Crowded House frontman Neil Finn and former Heartbreakers guitarist Mike Campbell—help fill Buck's black blazer? Will it still be worth it?

The answer is yes, to everything.

These songs, spread over two and a half hours, sound as good as I can imagine them sounding. The first notes of opener "The Chain" have a direct line to the heart even now. The harmonies on every "Rhianon" chorus will make you shudder, then decide to start a coven. Stevie took over "Black Magic Woman"—best known as a Santana song, yes, but written by Mac's Peter Green. Hearing it retold through a female lens instead of a man's, you wish it had been that way to start.

And Nicks must have black magic in her pocket—how else could her voice sound so incredible? Somehow better with time, as warm and tough and soft as worn leather, and as comfortable to slide back over yourself no matter the year?

Some of the show has aged less gracefully, sure. The fractal '90s video effects playing behind the band, for instance. And

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MUSIC

Mick Fleetwood's extended, obligatory solo during "World Turning," with the camera zooming in on his passionate but terrifying eyeballs as his body repeats outward toward infinity, recalls a *Tim* and *Eric* segment. But people were... into it? I... think?

Does it stack up to the Mac's glory days? I mean, hard for me—a 27-year-old catching them for the first time in 2018—to say. (Hey, if you're reading a review that started "I saw Fleetwood Mac with my ex-boyfriend's secret girlfriend" expecting a note-by-note unpacking of Finn's harmonizing vs. Buckingham's, I really can't help you.)

I can tell you they sure as hell are going to make you feel something.

Fleetwood Mac's always been more about the women for me anyway. "The Christine McVie songs are some of my favorites," Katie says during "Say You Love Me," because of course they are. And the lionization of McVie and Nicks in the classic-rock canon, in an era when so few women got any recognition, says to me that's true for a lot of people.

I recognize Buckingham wrote an awful lot of classic songs, but, respectfully, those songs have already been written. What's left to do now is get out on the road and play them. For someone like me who's clearly quite adept at taking other people's anguish and making it about their own life, the thesis of the show couldn't have been more clear: Sometimes you just have to keep moving.

Which is exactly what Nicks told Rolling Stone earlier this year, after announcing the split with Buckingham. They were supposed to rehearse for this six-month behemoth of a tour in June, and he wanted to wait until November 2019. "That's a long time," she said. "I just did 70 shows [on a solo tour]. As soon as I finish one thing, I dive back into another. Why would we stop? We don't want to stop playing music. We don't have anything else to do. This is what we do."

I had to marvel at these musicians, who have weathered so much together throughout their 40-plus-year career. Aw, was a bartender you met last year dishonest with you about his feelings? I could just see Stevie shrugging beneath her shawl, then playing the world's saddest song on the world's smallest tambourine.

Every tortured lyric said: "Buck(ingham) up, buttercup—it can get a whole lot weirder and worse. We took our emotional trauma and aired it publicly, turning possibly the worst romantic implosion a group of people has traversed collectively into some of the best records of all time.

"What are you going to do with yours?" **LA**

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THU NOV 1ST
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 FT. SUNWUKONG, ESS377, THE AFROCENTRIC RATCHET, YUNG PINE

FRI NOV 2ND
 FRONT PORCH SWINGIN' LIQUOR PIGS *7PM
 FT. BALL PATTEN, THE SMILIN' COWBOYS, THE PALMER'S ALLSTARS

SAT NOV 3RD
 FIRST SATURDAYS w/ RED EYE RUBY ft. MURZIK *7PM
 BLOOD COOKIE'S ALBUM RELEASE!!
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SUN NOV 4TH
 MUMBLIN' DREW 1 YEAR SPECTACULAR *7PM
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 JASON GONZALEZ, DAN ELLI, JANE PALMER, PAUL TONCER

MON NOV 5TH
 LEV SNOWE (OF WINNEPEG, CANADA) *7PM
 FT. ANNEK PANDON & DREAMS WE'VE HAD

TUE NOV 6TH
 SKARAOKE WITH JADZIA
 JAZZ TUESDAYS at PALMER'S
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FREE WILL ASTROLOGY

>> By Rob Breznysy

♈ ARIES (March 21-April 19): You have officially arrived at the heart of the most therapeutic phase of your cycle. Congratulations! It's an excellent time to fix what's wrong, hurt, or distorted. You will attract more help than you can imagine if you summon an aggressive approach toward finding antidotes and cures. A good way to set the tone for your aggressive determination to feel better is to heed this advice from poet Maya Angelou: "Take a day to heal from the lies you've told yourself and the ones that have been told to you."

♉ TAURUS (April 20-May 20): U2's singer Bono, born under the sign of Taurus, says that all of us suffer from the sense that something's missing from our lives. We imagine that we lack an essential quality or experience, and its absence makes us feel sad and insufficient. French philosopher Blaise Pascal referred to this emptiness as "a God-shaped hole." Bono adds that "you can never completely fill that hole," but you may find partial fixes through love and sex, creative expression, family, meaningful work, parenting, activism, and spiritual devotion. I bring this to your attention, Taurus, because I have a strong suspicion that in the coming weeks you will have more power to fill your God-shaped hole than you've had in a long time.

♊ GEMINI (May 21-June 20): "Most of our desires are clichés, right? Ready to wear, one size fits all. I doubt if it's even possible to have an original desire anymore." So says a character in Gemini author Tobias Wolff's short story "Sanity." Your assignment in the coming weeks, Gemini, is to refute and rebel against this notion. The cosmic rhythms will work in your favor to the degree that you cultivate innovative yearnings and unique urges. I hope you'll make it your goal to have the experiences necessary to stir up an outbreak of original desires.

♋ CANCER (June 21-July 22): If you're a typical member of the Cancerian tribe, you're skilled at responding constructively when things go wrong. Your intelligence rises up hot and strong when you get sick or rejected or burned. But if you're a classic Crab, you have less savvy in dealing with triumphs. You may sputter when faced with splashy joy, smart praise, or lucky breaks. But everything I just said is meant to be a challenge, not a curse. One of the best reasons to study astrology is to be aware of the potential shortcomings of your sign so you can outwit and overcome them. That's why I think that eventually you'll evolve to the point where you won't be a bit flustered when blessings arrive. And the immediate future will bring you excellent opportunities to upgrade your response to good fortune.

♌ LEO (July 23-Aug. 22): "Each of us needs something of an island in her life," said poet John Keats. "If not an actual island, at least some place, or space in time, in which to be herself, free to cultivate her differences from others." According to my reading of the astrological omens, Leo, you'll be wise to spend extra time on your own island in the next two weeks. Solitude is unlikely to breed unpleasant loneliness, but will instead inspire creative power and evoke inner strength. If you don't have an island yet, go in search! (P.S.: I translated Keats' pronouns into the feminine gender.)

♍ VIRGO (Aug. 23-Sept. 22): I'm rooting for you to engage in experimental intimacy, Virgo. I hope you'll have an affinity for sweet blends and incandescent mixtures and arousing juxtapositions. To get in the right mood for this playful work, you could read love poetry and listen to uplifting songs that potentize your urge to merge. Here are a few lyrical passages to get you warmed up. 1. "Your flesh quivers against mine like moonlight on the sea." –Julio Cortázar 2. "When she smiles like that she is as beautiful as all my secrets. –Anne Carson 3. "My soul is alight with your infinitude of stars . . . The flowers of your garden blossom in my body." –Rabindranath Tagore 4. "I can only find you by looking deeper, that's how love leads us into the world." –Anne Michaels

♎ LIBRA (Sept. 23-Oct. 22): Of course I want you to have more money. I'd love for you to buy experiences that expand your mind, deepen your emotional intelligence, and foster your ability to create inspiring forms of togetherness. My soul would celebrate if you got access to new wealth that enabled you to go in quest of spiritual fun and educational adventures. On the other hand, I wouldn't be thrilled about you spending extra cash on trivial desires or fancy junk you don't really need. Here's why I feel this way: to the extent that you seek more money to pursue your most righteous cravings, you're likely to get more money.

♏ SCORPIO (Oct. 23-Nov. 21): "Penetralla" is a word that means the innermost or most private parts, the most secret and mysterious places. It's derived from the same Latin term that evolved into the word "penetrate." You Scorpios are of course the zodiac's masters of penetralla. More than any other sign, you're likely to know where the penetralla are, as well as how to get to them and what to do when you get to them. I suspect that this tricky skill will come in extra handy during the coming weeks. I bet your intimate adeptness with penetralla will bring you power, fun, and knowledge.

♐ SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian poet Rainer Maria Rilke suggested that we cultivate an alertness for the ever-present possibility of germination and gestation. On a regular basis, he advised, we should send probes down into the darkness, into our unconscious minds, to explore for early signs of awakening. And when we discover the forces of renewal stirring there in the depths, we should be humble and reverent toward them, understanding that they are as-yet beyond the reach of our ability to understand. We shouldn't seek to explain and define them at first, but simply devote ourselves to nurturing them. Everything I just said is your top assignment in the coming weeks.

♑ CAPRICORN (Dec. 22-Jan. 19): You're in a phase of your cycle when your influence is at a peak. People are more receptive than usual to your ideas and more likely to want the same things you do. Given these conditions, I think the best information I can offer you is the following meditation by Capricorn activist Martin Luther King Jr. "Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."

♒ AQUARIUS (Jan. 20-Feb. 18): Aquarian environmentalist Edward Abbey spent much of his life rambling around in the great outdoors. He was an emancipated spirit who regarded the natural world as the only church he needed. In an eruption of ecstatic appreciation, he once testified that "Life is a joyous dance through daffodils beneath cerulean blue skies and then, then what? I forget what happens next." And yet the truth is, Abbey was more than a wild-hearted Dionysian explorer in the wilderness. He found the discipline and diligence to write 23 books! I mention this, Aquarius, because now is a perfect time for you to be like the disciplined and diligent and productive version of Abbey.

♓ PISCES (Feb. 19-March 20): For renowned Piscean visual artist Anne Truitt (1921-2004), creating her work was high adventure. She testified that artists like her had "to catapult themselves wholly, without holding back one bit, into a course of action without having any idea where they will end up. They are like riders who gallop into the night, eagerly leaning on their horse's neck, peering into a blinding rain." Whether or not you're an artist, Pisces, I suspect your life in the coming weeks may feel like the process she described. And that's a good thing! A fun thing! Enjoy your ride.

freewillastrology@freewillastrology.com
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CROSSWORD

1	2	3	4	5		6	7	8	9	10	11		12	13	14
15						16							17		
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64				65							66				
67				68							69				

FORMULA FOR HOPE
BY BRENDAN EMMETT QUIGLEY

Across

- 1
- Vodka that comes in an Ohranj flavor, briefly
- 6
- Some family symbols
- 12
- Closing key
- 15
- Poison
- 16
- Not of uniform consistency
- 17
- Plastic inventor
- 18
- Baekeland
- 20
- Copying a couch?
- 21
- ____-Tse
- 22
- Totally committed
- 23
- Opposite of oui
- 24
- Safe spot?
- 25
- Bombay bread
- 29
- Trivial Pursuit and Mother May I?, e.g.?
- 30
- First responder, briefly
- 31
- Snapchat post
- 32
- Kabayaki fish
- 33
- Hold to be
- 34
- Swampland
- 35
- Tooth puller
- 37
- Spliff that'll put years on you?

- 40
- Went around in a circle
- 43
- Tennis partner?
- 44
- Klutzes
- 48
- Small touch
- 49
- Flake, e.g.: Abbr.
- 50
- Thick locks
- 51
- Thing that holds your helmet down and digs into your chin?
- 55
- Italian dear
- 56
- Ostracize
- 57
- Bread selection

- 58
- Whole Foods owner
- 60
- That dude
- 61
- Bright side, or what the first words in the theme answers have
- 64
- Landing guess
- 65
- National adjudicator
- 66
- Present moment
- 67
- The Black Keys singer
- 68
- Auerbach
- 69
- Put in the guillotine
- 69
- Ruffle feathers

Down

- 1
- Besmirched
- 2
- Star
- 3
- Get rusty
- 4
- Bed covering
- 5
- "Picnic" playwright
- 6
- Ryzen product
- 7
- Duke supervisors: Abbr.
- 8
- Of a culture
- 9
- Son
- 10
- Revealing swimsuit
- 11
- Thesaurus abbr.
- 12
- Singer with the 2018 hit "Boo'd Up"
- 13
- Sailor's bearings
- 14
- Calms down
- 19
- Books reviewer: Abbr.
- 23
- "Are you game?"
- 26
- Throw cash around
- 27
- Checkerboard piece
- 28
- "Guardians Of The Galaxy" director
- 33
- Spot to doodle
- 34
- Shakespearean outburst

- 35
- 2018 Physics Nobel
- 36
- Strickland
- 37
- German cubes
- 38
- German cubes
- 39
- Highland valley
- 40
- Heckle
- 41
- Hid away
- 42
- Kansas's largest city
- 43
- Barbaric
- 44
- Mind-ripping
- 45
- "Make an exception just this time!"
- 46
- Guy in a boxer's corner
- 47
- Wonder on the keys
- 48
- Filth
- 49
- Mythological spirit
- 50
- Amigo
- 51
- Minolta rival
- 52
- ____ Harker ("Dracula" heroine)
- 53
- Two-handed lunch
- 54
- "____ Vulgaris" (Queens of the Stone Age album)
- 55
- Pomegranate color

Last Week's Answer

L	A	T		D	E	S	I		T	A	I	C	H	I	
G	E	E		A	D	I	N		A	L	L	O	U	T	
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T	O	N	E		N	E	A	T	O		F	Y	I		
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A	R	E	A		E	A	S	T	L	A		A	Y	E	
T	E	S	T	S						H	I	S	S		
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W	I	C	K	E	T	D	R	E	A	M		R	I	O	
O	M	E	A	R	A		E	C	H	O		A	S	K	
L	A	T	T	E	S		S	K	I	P		P	E	E	

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Will sex ever be pleasurable for me again after childbirth?



Dan Savage

I'm a 40-year-old married straight woman. I gave birth to our first kid in 2015 and our second earlier this year. My perineum tore and was stitched both times. I have not been able to have sex with penetration since having our second child. My OB/GYN said I'm "a little tighter now" due to the way the stitching was performed. My husband is very well endowed and I can't imagine how on earth I'm ever going to get that thing back in me, let alone enjoy it. We have a history of pretty hot sex and I really miss it. I've been searching online for some sex toys to help me. I've never used sex toys before. I've always been able to have thrilling orgasms easily without any devices. I still can with manual stimulation. But I want to have sex with my husband. I'm confused and I just don't know what I need to help me open back up and get through the pain. Please help!

THANKS IN ADVANCE

"Unfortunately, this situation is very common—but luckily there are options to help her get her groove back," said Dr. Rachel Gelman, a pelvic floor physical therapist at the Pelvic Health and Rehabilitation Center (pelvicpainrehab.com).

Also sadly common: OB/GYNs shrugging off concerns like yours, TIA.

"I see that all the time," said Gelman. "Part of the problem is that the pelvic floor/muscles aren't on most doctors' radar. That's due to many factors—cough, cough, insurance companies, cough, our dysfunctional health care system, cough—but to water it down, it's the OB/GYN's job to get someone through pregnancy and deliver a healthy baby. And when that's accomplished, the feeling is their job is done."

But so long as you're not able to have and enjoy PIV sex with your hung husband, TIA, there's still work to do.

"TIA needs to see a pelvic floor physical therapist," said Dr. Gelman. "A good PT would be able to assess and treat any pelvic floor dysfunction, which is often the primary cause or a contributing factor for anyone experiencing pain with sex, especially after childbirth."

At this point Gelman began to explain that pushing a living, breathing, scream-

ing human being out of your body is an intense experience and I explained to Gelman that I've had to push a few living, breathing, screaming human beings out of my body, thank you very much. Gelman clarified that she was talking about "the trauma of labor and delivery," something with which I have no experience.

"Labor and delivery can have a significant impact on the pelvic floor muscles, which can cause a myriad of symptoms," said Gelman. Pain during PIV sex sits high on the list of those symptoms.

"The fact that TIA had tearing with the deliveries means she most likely has scar tissue, and a PT would again be able to treat the scar to help decrease any hypomobility and hypersensitivity," said Gelman. "A pelvic floor specialist can also instruct her in a home program, which may include stretches, relaxation techniques, and dilators—dilators are graduated cylinders that are inserted vaginally to help stretch the vaginal opening and promote relaxation of the pelvic floor."

A set of "graduated cylinders" is essentially "a bouquet of dildos," TIA. You start with the smallest dilator/dildo, inserting it every day until you can insert it without any pain or discomfort, and then you "graduate" (nudge, nudge) to the next "cylinder" (wink, wink). You can order a set of dilators online, TIA, but Gelman wants you to find a doc that specializes in sexual medicine first.

"There are some good medical associations that she can check out for resources and to help locate a provider in her area," said Gelman. "The websites of the International Society for the Study of Women's Sexual Health (ISSWSH), the International Society for Sexual Medicine (ISSM), and the International Pelvic Pain Society (IPPS) are where she should start."

Follow Dr. Gelman on Instagram, [@pelvichealthsf](https://www.instagram.com/pelvichealthsf).

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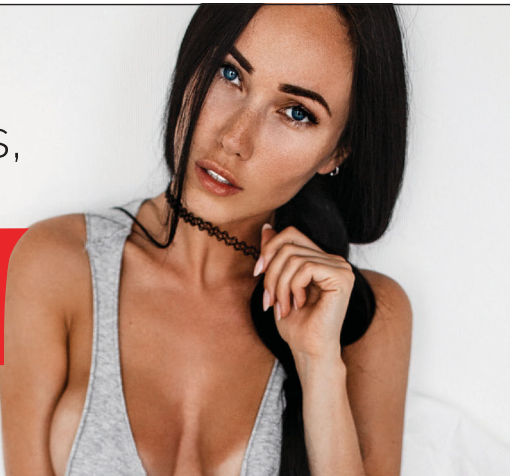


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530
Misc Services

Mums the word and all's well. Dust on the bible and the dust bowl. I once thought we could use the Mayo Foundation as if it were an Asimov Encyclopedist Foundation but my flaw was in trying to preserve a scientific thing and not a wild thing. perhaps we can preserve them both. Delta..Delta wing. Delta arrowhead. You guys and gals have done such a good job. I apologize if I did not stay back to hold hands but there was work to do. Engineers make the best spies, they can look at blueprints and tell instantly how fast, deep, high, it can go. Dr's are engineers of human biology. I dreamed we could be an island in a sea of soy and corn. Celibate 30 years, sober 25.

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